



School Staff Mobility – a training course in Italy

Together with Mrs Joanna Błasiak I took part in the Erasmus+ structured teacher's training called: **“COACHING & MENTORING Innovative techniques for teachers, mentors and educators to fight drop out and motivate youth”**. The training course was held as a residential retreat in Soverato (Italy) and was a part of Erasmus K1 programme which lasted from 03.11.2019. to 10.11.2019. The main objective of the training was to explore innovation in didactic in 2019, referring to EU framework and recommendations as well as to practice using new technologies and to develop communication skills between teachers and students.



The organisers of the “Coaching and Mentoring” course was Associazione Jump - Gioventù in riSalto. The aim of the training was to highlight the fact that in today's world the role of a teacher is to be not only the provider of the knowledge but more importantly, to be a mentor or a coach in order to help students to overcome some difficult situations not only in school, but

also in other circumstances. To perform this role a teacher has to be a good listener, a guide, a supporter of a student's family. The difference between being a mentor and being a coach was highlighted in the training. As the organisers emphasised: "A coach can help a student to set goals, and give them the tools to achieve them only by using their own capabilities. A mentor is also a guide or a model that can last for a longer time".

Session and workshops about coaching and mentoring issues were held by Catherine Perry and Erika Guardini. They included main topics such as:

- Introduction on Mentoring and Coaching: differences and the similarities
- The importance of an Active Listening
- The origin of coaching, Types of coaching
- Caretaking and guidance
- The importance of asking
- The GROW Model
- How to set goals
- The origin of mentoring
- Types of mentoring
- The mentor and the values
- Case studies
- The importance of building a relationship of trust.

In terms of knowledge and experience were study visits in Italian schools: public and private schools as well. We had the unique opportunity to compare the educational system in Italy and in Poland, share our teacher's experience with teachers from other European countries thanks to the presence teachers from Latvia, Czech Republic, Italy.

Urszula Grządziel

